



# BREAKFAST - FEBRUARY 2012

Clever R-V School District | Clever High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</p> <p>Partnering with us in this endeavor are the following Missouri farms:</p> <p><b>Hamra Farms</b> <b>Farhmeier Farms</b> <b>Rasa Orchard</b></p>		<p><b>1</b></p> <ol style="list-style-type: none"> <li><b>Waffle Sundae</b> 🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Milk</li> </ol>	<p><b>2</b></p> <ol style="list-style-type: none"> <li><b>English Muffin Breakfast Melt</b> 🏠, Hash Brown Patty, Milk</li> <li><b>General Mills Cereal</b>, WG Toast and Jelly 🌿, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, WG Toast and Jelly 🌿, Chilled Fruit, Milk</li> </ol>	<p><b>3</b></p> <ol style="list-style-type: none"> <li><b>Biscuits and Gravy</b>, Sausage, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Chilled Fruit, Milk</li> </ol>
<p><b>6</b></p> <ol style="list-style-type: none"> <li><b>Waffles</b>, Orange Smiles, Milk</li> <li><b>General Mills Cereal</b>, Fruit Streusel Muffin 🏠, Orange Smiles, Milk</li> <li><b>Oatmeal</b> 🌿, Fruit Streusel Muffin 🏠, Orange Smiles, Milk</li> </ol>	<p><b>7</b></p> <ol style="list-style-type: none"> <li><b>Sausage Biscuit</b> 🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast and Jelly 🌿, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, PB Toast or Toast and Jelly 🌿, Chilled Fruit, Milk</li> </ol>	<p><b>8</b></p> <ol style="list-style-type: none"> <li><b>Sausage Pancake on Stick</b>, Chilled Pears, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Pears, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Chilled Fruit, Milk</li> </ol>	<p><b>9</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg and Cheese Burrito</b> 🌿 🏠, Hash Brown Patty, Milk</li> <li><b>General Mills Cereal</b>, WG Toast and Jelly 🌿, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌿, WG Toast and Jelly 🌿, Chilled Juice, Milk</li> </ol>	<p><b>10</b></p> <ol style="list-style-type: none"> <li><b>Biscuits and Gravy</b>, Sausage, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Chilled Fruit, Milk</li> </ol>
<p><b>13</b></p> <ol style="list-style-type: none"> <li><b>Cinnamon Glazed French Toast</b> 🌿, Applesauce, Milk</li> <li><b>General Mills Cereal</b>, Fruit Streusel Muffin 🏠, Applesauce, Milk</li> <li><b>Oatmeal</b> 🌿, Fruit Streusel Muffin 🏠, Applesauce, Milk</li> </ol>	<p><b>14 Valentine's Day</b></p> <ol style="list-style-type: none"> <li><b>Colby Egg Omelet</b>, Hash Brown Triangle, PB Toast or Toast and Jelly 🌿, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast and Jelly 🌿, Peaches, Milk</li> <li><b>Oatmeal</b> 🌿, PB Toast or Toast and Jelly 🌿, Peaches, Milk</li> </ol>	<p><b>15</b></p> <ol style="list-style-type: none"> <li><b>Breakfast Pizza</b>, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Chilled Fruit, Milk</li> </ol>	<p><b>16 Carmel Apple Parfait</b></p> <ol style="list-style-type: none"> <li><b>Fruit and Yogurt Parfait</b>, Cinnamon Roll 🏠, Milk</li> <li><b>General Mills Cereal</b>, WG Toast and Jelly 🌿, Cinnamon Apple Slices, Milk</li> <li><b>Oatmeal</b> 🌿, WG Toast and Jelly 🌿, Cinnamon Apple Slices, Milk</li> </ol>	<p><b>17</b></p> <p><b>Winter Break</b></p>
<p><b>20</b></p> <p><b>Winter Break</b></p>	<p><b>21</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg and Cheese Burrito</b> 🌿 🏠, Hash Brown Patty, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast and Jelly 🌿, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌿, PB Toast or Toast and Jelly 🌿, Chilled Juice, Milk</li> </ol>	<p><b>22</b></p> <ol style="list-style-type: none"> <li><b>Sausage Pancake on Stick</b>, Peaches, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Peaches, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Peaches, Milk</li> </ol>	<p><b>23</b></p> <ol style="list-style-type: none"> <li><b>Pancake Griddle Sandwich</b> 🌿 🏠, Cinnamon Apple Slices, Milk</li> <li><b>General Mills Cereal</b>, WG Toast and Jelly 🌿, Cinnamon Apple Slices, Milk</li> <li><b>Oatmeal</b> 🌿, WG Toast and Jelly 🌿, Cinnamon Apple Slices, Milk</li> </ol>	<p><b>24</b></p> <ol style="list-style-type: none"> <li><b>Biscuits and Gravy</b>, Sausage, Banana Orange Mix, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Banana Orange Mix, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Banana Orange Mix, Milk</li> </ol>
<p><b>27</b></p> <ol style="list-style-type: none"> <li><b>French Toast Sticks</b> 🌿, Cinnamon Apple Slices, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Toast 🌿, Cinnamon Apple Slices, Milk</li> <li><b>Oatmeal</b> 🌿, Cinnamon Toast 🌿, Cinnamon Apple Slices, Milk</li> </ol>	<p><b>28</b></p> <ol style="list-style-type: none"> <li><b>English Muffin Breakfast Melt</b> 🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast and Jelly 🌿, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿, PB Toast or Toast and Jelly 🌿, Chilled Fruit, Milk</li> </ol>	<p><b>29</b></p> <ol style="list-style-type: none"> <li><b>Breakfast Pizza</b>, Orange Smiles, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Orange Smiles, Milk</li> <li><b>Oatmeal</b> 🌿, Yogurt, Orange Smiles, Milk</li> </ol>	<p><b>Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.</b></p>	<p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>🍷 = Smart Choice entree item (16 grams of fat or less)</li> <li>🏠 = Homemade fresh in the Opaa! kitchen</li> <li>🌿 = Whole Grain item</li> <li>🍏 = Fresh Missouri Product</li> <li>🌿 = Made with peanuts</li> </ul>





# LUNCH - FEBRUARY 2012

Clever R-V School District | Clever High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</p> <p>Partnering with us in this endeavor are the following Missouri farms:</p> <p><b>Hamra Farms</b> <b>Farhmeier Farms</b> <b>Rasa Orchard</b></p>		<p><b>1</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Apricot Cup, Opaa! WG Hot Roll 🍷</li> <li><b>Roast Pork</b> ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Apricot Cup, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b>, Apricot Cup</li> </ol>	<p><b>2</b></p> <ol style="list-style-type: none"> <li><b>All American Hot Dog</b> ♡, Mac N' Cheese, Fresh Garden Salad 🍷, Orange Pineapple Mix, Cowboy Cookie</li> <li><b>Meatloaf</b> ♡ 🏠, Mac N' Cheese, Fresh Garden Salad 🍷, Orange Pineapple Mix, Cowboy Cookie</li> <li><b>Salad Bar</b>, Orange Pineapple Mix, Cowboy Cookie</li> </ol>	<p><b>3</b></p> <p><b>"Souper" Bowl Friday</b></p> <ol style="list-style-type: none"> <li><b>Tomato Soup w/Mozzarella Sticks</b> ♡ 🏠 🍷, Fresh Garden Veggies, Fresh Apple 🍷, Rainbow Cake</li> <li><b>BBQ Chicken Signature Pizza</b> 🏠 🍷, Fresh Garden Veggies, Fresh Apple 🍷, Rainbow Cake</li> <li><b>Salad Bar</b>, Fresh Apple 🍷, Rainbow Cake</li> </ol>
<p><b>6</b></p> <ol style="list-style-type: none"> <li><b>Spicy Chicken Patty on a Bun</b> ♡ 🍷, Oven Fries, Orange Pineapple Mix, Cinnamon Delight Cookie 🍷</li> <li><b>Corn Dog</b> ♡, Oven Fries, Orange Pineapple Mix, Cinnamon Delight Cookie 🍷</li> <li><b>Salad Bar</b>, Orange Pineapple Mix, Cinnamon Delight Cookie 🍷</li> </ol>	<p><b>7</b></p> <p><b>Cooked Beans Available Every Tuesday</b></p> <ol style="list-style-type: none"> <li><b>Cheeseburger</b> ♡ 🍷, Fresh Garden Salad 🍷, Fresh Banana, Razzle Dazzle Jello</li> <li><b>Chicken Nacho's w/ White Queso</b> 🍷 🏠, Fresh Garden Salad 🍷, Charzzo Beans, Fresh Banana, Razzle Dazzle Jello</li> <li><b>Salad Bar</b>, Charzzo Beans, Fresh Banana, Razzle Dazzle Jello</li> </ol>	<p><b>8</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Apple 🍷, Opaa! WG Hot Roll 🍷</li> <li><b>Country Fried Beef Steak</b>, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Apple 🍷, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b>, Fresh Apple 🍷</li> </ol>	<p><b>9</b></p> <ol style="list-style-type: none"> <li><b>Ham and Cheese Calzone</b> ♡ 🍷, Green Beans, Chilled Pears, Cherry Cobbler</li> <li><b>Spaghetti w/ WG Italian Bread</b> ♡ 🍷, Green Beans, Chilled Pears, Cherry Cobbler</li> <li><b>Salad Bar</b>, Chilled Pears, Cherry Cobbler</li> </ol>	<p><b>10</b></p> <p><b>Signature Pizza Feature!</b></p> <ol style="list-style-type: none"> <li><b>Cheeseburger Pizza</b> ♡ 🏠, Broccoli, Peaches, PB Monster Cookie 🍷</li> <li><b>Chicken Tenders</b> ♡, Broccoli, Peaches, PB Monster Cookie 🍷</li> <li><b>Salad Bar</b>, Peaches, PB Monster Cookie 🍷</li> </ol>
<p><b>13</b></p> <ol style="list-style-type: none"> <li><b>Mexican Lasagna</b> 🍷 🏠 ♡, Fresh Garden Salad 🍷, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Turkey Club Wrap</b> ♡ 🍷 🏠, Fresh Garden Salad 🍷, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Salad Bar</b>, Fresh Orange Smiles, Ranger Cookie</li> </ol>	<p><b>14</b></p> <p><b>Valentine's Day</b></p> <ol style="list-style-type: none"> <li><b>Chicken Parmesan Sandwich</b> ♡ 🍷 🏠, Oven Fries, Charzzo Beans, Strawberries, Amish Sugar Cookie</li> <li><b>3 Cheese Grilled Cheese</b> ♡ 🍷 🏠, Oven Fries, Charzzo Beans, Strawberries, Amish Sugar Cookie</li> <li><b>Salad Bar</b>, Charzzo Beans, Strawberries, Amish Sugar Cookie</li> </ol>	<p><b>15</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷</li> <li><b>Roast Turkey</b> ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b>, Blushing Pears</li> </ol>	<p><b>16</b></p> <ol style="list-style-type: none"> <li><b>Biscuits and Gravy</b> ♡ 🏠, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍷</li> <li><b>French Toast</b> ♡, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍷</li> <li><b>Salad Bar</b>, Cinnamon Apple Slices 🍷, Sunrise Biscuit 🏠</li> </ol>	<p><b>17</b></p> <p><b>Winter Break</b></p>
<p><b>20</b></p> <p><b>Winter Break</b></p>	<p><b>21</b></p> <ol style="list-style-type: none"> <li><b>Chicken Nacho's w/ White Queso</b> 🍷 🏠, Fresh Garden Salad 🍷, Corn, Fresh Apple 🍷, Snickerdoodle</li> <li><b>Chicken Caesar Wrap</b> ♡ 🍷 🏠, Fresh Garden Salad 🍷, Charzzo Beans, Fresh Apple 🍷, Snickerdoodle</li> <li><b>Salad Bar</b>, Charzzo Beans, Fresh Apple 🍷, Snickerdoodle</li> </ol>	<p><b>22</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll 🍷</li> <li><b>Crunchy Fish Sticks</b> ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b>, Peaches</li> </ol>	<p><b>23</b></p> <ol style="list-style-type: none"> <li><b>Spaghetti w/ WG Italian Bread</b> ♡ 🍷 🏠, Green Beans, Blushing Pears, Cinnamon Delight Cookie</li> <li><b>Spiral Pig in a Blanket</b> 🍷 🏠, Green Beans, Blushing Pears, Cinnamon Delight Cookie 🍷</li> <li><b>Salad Bar</b>, Blushing Pears, Cinnamon Delight Cookie 🍷</li> </ol>	<p><b>24</b></p> <ol style="list-style-type: none"> <li><b>Buffalo Chicken Pizza</b> 🏠, Fresh Garden Salad 🍷, Fruit Cocktail, Cowboy Cookie</li> <li><b>Mozzarella Dunkers</b> ♡ 🍷 🏠, Fresh Garden Salad 🍷, Fruit Cocktail, Cowboy Cookie</li> <li><b>Salad Bar</b>, Fruit Cocktail, Cowboy Cookie</li> </ol>
<p><b>27</b></p> <ol style="list-style-type: none"> <li><b>Cheeseburger</b> ♡ 🍷, Oven Fries, Tropical Fruit, Chocolate Chip Cookie</li> <li><b>Southwest Chicken Wrap</b> ♡ 🍷 🏠, Oven Fries, Tropical Fruit, Chocolate Chip Cookie</li> <li><b>Salad Bar</b>, Tropical Fruit, Chocolate Chip Cookie</li> </ol>	<p><b>28</b></p> <ol style="list-style-type: none"> <li><b>Frito Pie</b> 🍷, Fresh Garden Salad 🍷, Charzzo Beans, Blushing Pears, Cowboy Cookie</li> <li><b>Italian Sub</b> 🍷 🏠, Fresh Garden Salad 🍷, Charzzo Beans, Blushing Pears, Cowboy Cookie</li> <li><b>Salad Bar</b>, Charzzo Beans, Blushing Pears, Cowboy Cookie</li> </ol>	<p><b>29</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Green Beans, Cherries, Opaa! WG Hot Roll 🍷</li> <li><b>Country Fried Beef Steak</b>, Mashed Potatoes w/ Gravy, Green Beans, Cherries, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b>, Cherries</li> </ol>	<p><b>Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.</b></p>	<p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>♡ = Smart Choice entree item (16 grams of fat or less)</li> <li>🏠 = Homemade fresh in the Opaa! kitchen</li> <li>🍷 = Whole Grain Item</li> <li>🍷 = Fresh Missouri Product</li> <li>🍷 = Made with peanuts</li> </ul>

Here are some little changes that could have a positive impact on your health!

- Drink more milk and water, and limit soda and fruit drinks
- Apply sunscreen before going outdoors • Stay in the shade whenever possible and wear a hat and sunglasses, especially when playing sports
- Find a sport (like basketball, soccer, or tennis) or an activity (like playing tag, jumping rope, dancing or riding a bike) that you enjoy and do it at least three times a week • Always wear a helmet when bicycling
- Wear your seat belt every time you get in a car

**Our menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.**

Menus subject to change.